

## **Techniques of play activity at physical education classes at specialized secondary educational establishments**

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### **Abstract**

© 2016 Martynova and Kapustin. The issue is urgent today because at present the organization and content of Physical Education (PE) classes at specialized secondary educational establishments (SSEEs) do not completely meet contemporary requirements. The following negative trends prove that, namely: the physical and psychological health decline in school leavers and students, the incidence rate of the cardiovascular, respiratory, nervous and digestive systems while studying. The aim of the article is to scientifically explain how the techniques of the play activity can raise physical and technical competence, functional state, interest in classes and improve academic progress of students at SSEEs in PE. The leading method of the research of this issue is the method of a pedagogical experiment. It makes that possible to practically prove the effectiveness of the suggested theory. The article describes the essential features and the role of play activity techniques, shows the role of the game as the main motivational component of students' activities, develops and demonstrates the techniques of the play activity. Thus, the structure of the techniques of the play activity contains the concept base, the content component and, what is of high importance, the techniques in process (technological process). The data of the study can be useful for making PE academic programmes for students at different types of educational establishments.

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### **Keywords**

Motivation, Students of SSEEs, The compulsory school subject 'physical education', The techniques of the play activity